

ARE YOU GREATER THAN AIDS?

FLORIDA DEPARTMENT OF HEALTH
BUREAU OF HIV/AIDS

FLORIDA  **AIDS**

English **800-FLA-AIDS**
Spanish **800-545-SIDA**
Creole **800-AIDS-101**

Text Your Zip Code to **477493** to
Find an HIV Testing Site Near You

WE  **AIDS**
greaterthan.org

**HIV BEGAN ONE
PERSON AT A TIME.
AND IT WILL END
ONE PERSON AT
A TIME.**

**TOGETHER WE CAN
DO THIS...**

5 WAYS TO BE GREATER THAN AIDS

KNOW

Get the Facts About HIV/AIDS

TALK

Start the Conversation

PROTECT

Always Use a condom

GET TESTED (& Treated)

Know Your Status

TAKE ACTION

Get Involved Locally

GET STARTED!
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KNOWLEDGE IGNORANCE

Is There A Difference Between HIV And AIDS?

HIV (Human Immunodeficiency Virus) is spread when infected bodily fluids from one person enter another person's body. HIV attacks the very cells that defend the body against illness. Without treatment, HIV weakens the immune system so that the body can no longer fight off other infections.

AIDS, or Acquired Immunodeficiency Syndrome, is the most advanced stage of HIV. Not everyone who has HIV has AIDS, but everyone who has AIDS is infected with HIV. How quickly someone with HIV advances to AIDS depends on many factors. One is how soon a person is diagnosed after becoming infected and gets care.

How Does Someone Get HIV?

HIV is primarily spread through unprotected sexual contact—that is, vaginal, anal, or oral sex. The chances of getting or passing HIV from oral sex are lower than vaginal or anal sex, but there is still a risk. HIV can also be spread by sharing needles. Women who are HIV positive can pass HIV to their baby before or during delivery or through breastfeeding after birth. However, HIV medications can greatly reduce the chance of an HIV positive mother passing HIV to her baby.

Saliva, tears or sweat have never been shown to cause an HIV infection. Kissing is also safe (open mouth kissing is considered very low risk). HIV is not spread through casual contact like holding hands or hugging, or by sharing drinks or sitting on toilet seats.

WHEN IT COMES TO HIV/AIDS WHAT WE DON'T KNOW CAN HURT US.

Who Is At Risk For HIV?

Anyone who has had unprotected sex, or who has injected drugs, or has had a partner who has done either of these things, or whose partner's other partners may have done these things, may be at risk.

For more information, go to greaterthan.org/KNOW

TALKING SILENCE

Get In The Know

First, read up. Knowing the facts will make you feel more confident and help you answer any questions your partner might have. *Greater Than AIDS* can help you prepare. For more information, including printouts, check out greaterthan.org/KNOW.

Take Charge

Don't wait for your partner to bring up HIV/AIDS. It's your health and your life. And you may find that your partner will be relieved that you brought it up. In a healthy relationship, you can talk about anything. Explain this isn't about lack of trust. You've been reading up and the important thing is to help both of you stay healthy.

OPEN AND HONEST CONVERSATION ABOUT HIV/AIDS SAVES LIVES.

Time It Right

Start the conversation when you have time and privacy, before things start to heat up. If you are feeling a little nervous—and a lot of people do—it's okay to say so. The other person probably is too. If you are informed and have thought through what you want to say it will be a lot easier. It may be helpful to have this guide with you.

Listen

After you have said what you want to say, listen. If there's no response, ask what he/she thinks. This lets you know where you are in agreement and what areas require more discussion.

Talking With Children

Many of the same tips apply when talking to children: be informed first; think about what you want to say; time it right; and take charge. It's never too early to start. Offer honest, accurate information that's appropriate to a child's age and development. Especially with children, misconceptions about AIDS can be pretty scary, so it's important to listen carefully and correct any misinformation as soon as possible.

For more information, go to greaterthan.org/TALK



Choosing A Condom

Condoms come in lots of colors, textures, lengths, widths, and thicknesses. The most important thing when choosing a brand is that the condoms be made of latex or polyurethane (plastic). Both of these are effective in preventing STDs, HIV and pregnancy. Avoid using animal skin (or “natural”) condoms. And never use a condom more than once.

**IF YOU HAVE SEX, USE A CONDOM.
IT'S AS SIMPLE AS THAT.**

Using A Condom Correctly

The most common mistake is not using condoms from start (of sexual contact) to finish (after ejaculation). The condom should be put on before any genital contact. Pre-cum can contain semen and STDs (including HIV), so you need to wear a condom from beginning to end, each and every time.

- Check that the expiration date on the condom has not passed
- To open the package, tear gently on the side (not with teeth or scissors)
- The rolled condom should be placed over the head of the penis when it is hard
- Pinch the tip enough to leave a half-inch space for semen to collect
- Holding the tip, unroll the condom all the way to the base of the penis
- The condom should fit snugly – but not too tight – so that it won't slide off or break
- If you start to put on a condom inside-out, don't use it. Throw it away and use a new one. You'll know it's inside out because it won't roll down easily
- If you feel the condom break, stop immediately. Withdraw, throw the condom away, and use a new condom
- Immediately after ejaculation, hold the base of the condom (so it stays in place and semen cannot spill out), and slowly withdraw the penis—while it is still hard

For more information, go to greaterthan.org/PROTECT

KNOWING DOUBT

Who Should Get Tested For HIV?

The CDC recommends HIV testing for everyone between the ages of 13 and 64. This does not mean that testing is done automatically when you see a health care provider, even if you have blood drawn. The only way to know for sure is to ask to be tested. HIV testing is also recommended for all pregnant women as a routine part of prenatal care.

Where Can I Get Tested?

Your regular health care provider can test you for HIV and other STDs. If you don't have a regular health care provider or prefer to go somewhere else, there are many places that offer free or low-cost testing. To find an HIV testing center near you, text your zipcode to KNOWIT (566948) or visit greaterthan.org/TEST for more information on hours and cost.

What Kinds Of Tests Are Available?

There are several types of HIV tests, but the two most common are blood tests and oral rapid tests. HIV blood tests use a sample of blood, either from a finger prick or a larger sample often drawn by a needle from the inner arm. Oral tests use a swab to collect cells from the inside of the mouth (no needles needed). Blood test results can take one to two weeks to come back from a lab, but rapid tests are now widely available that can provide a result in 20 minutes.

ONE IN FIVE AMERICANS LIVING WITH HIV DOESN'T KNOW IT.

What About Treatment?

While there is not yet a cure, there are treatments available today that help those who are positive live longer and healthier lives. Even if you do not feel sick, it is important to consult a health care provider about the best course of treatment. Once you begin treatment, keep taking your medications exactly as prescribed to avoid developing a resistance that may prevent medications from continuing to work for you.

For more information, go to greaterthan.org/TEST

Greater Than AIDS is an unprecedented collaboration among a broad coalition of public and private sector partners united in response to the AIDS crisis in the United States, in particular the severe and disproportionate epidemic among Black Americans and other heavily affected groups. Through a national media campaign and targeted community outreach, *Greater Than AIDS* aims to increase knowledge and understanding about HIV/AIDS and confront the stigma surrounding the disease.

The Kaiser Family Foundation – a leader in health policy and communication – provides strategic direction and day-to-day management, as well as oversees the production of the media campaign. The Black AIDS Institute, a founding partner, provides leadership and expert guidance. Additional financial and substantive support is provided by the Elton John AIDS Foundation, Ford Foundation and MAC AIDS Fund, among others.



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